

Diabetes in the Cumberland Valley Area Development District

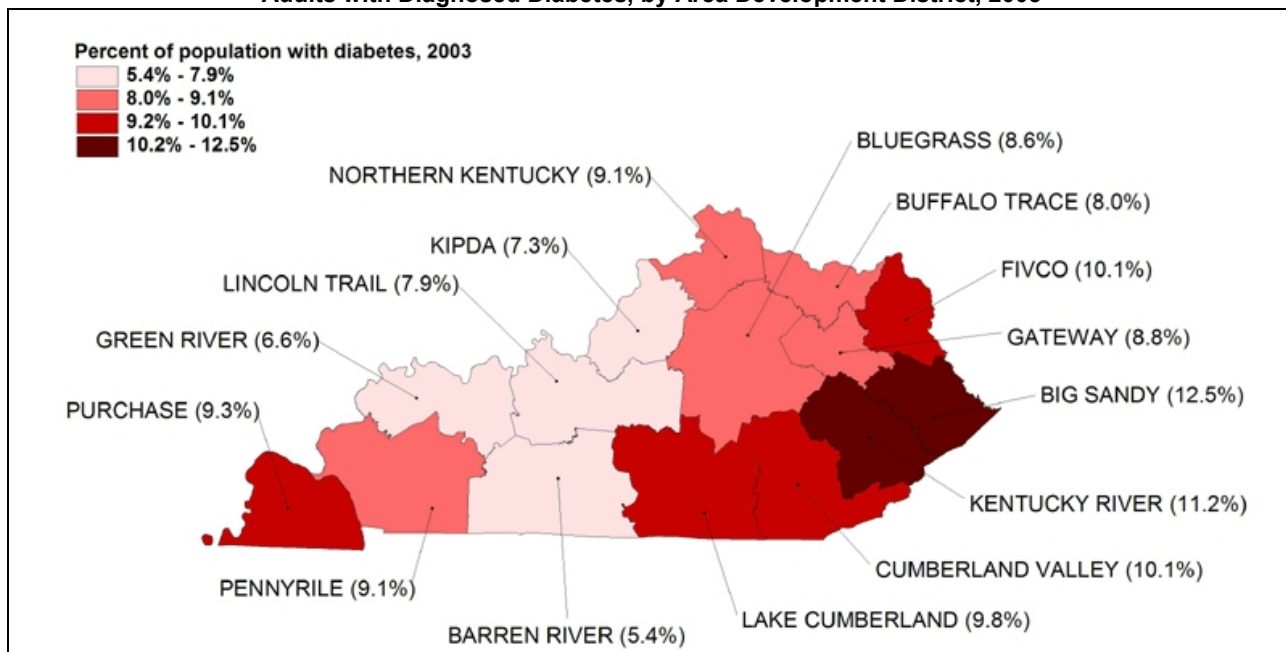
2005

DIABETES IS COMMON

Prevalence

The prevalence of diagnosed diabetes among adults in the Cumberland Valley Area Development District (ADD) was 10.1% in 2003. For comparison, the Kentucky statewide prevalence was 8.5% in 2003.

Adults with Diagnosed Diabetes, by Area Development District, 2003



At Risk for Diabetes

Obesity and lack of physical activity are risk factors for developing diabetes.

Reported Risk Factors among Adults, 2003

Risk Factor	Cumberland Valley	Kentucky	US
No leisure physical activity in the past month	36.0%	30.6%	23.1%
Obese (based on reported height and weight)	29.7%	25.6%	22.8%

DIABETES IS SERIOUS

Mortality

Diabetes was the 6th leading cause of death in Kentucky in 2002, and the 5th leading cause of death by disease. Cumberland Valley ranked 4th among the 15 ADDs for the highest rate of mortality due to diabetes.

Diabetes Mortality

	2000		2001		2002	
	Number of Deaths	Rate*	Number of Deaths	Rate*	Number of Deaths	Rate*
Cumberland Valley	58	24.6	64	26.7	88	37.5
Kentucky Total	1,054	26.5	1,048	25.9	1,257	31.0

*Age-adjusted rate per 100,000

End-Stage Renal Disease (ESRD)

Diabetes is the leading cause of ESRD in Kentucky as well as the nation. At the close of 2004, Kentucky had 1,519 diabetes-related ESRD patients, accounting for 41% of all ESRD patients in the state. Cumberland Valley had 90 diabetes-related ESRD patients, accounting for 51% of all ESRD patients in that ADD.

Hospitalizations

- Hospitalizations are coded with one primary diagnosis and up to nine secondary diagnoses. Diabetes and its related complications can be coded as either primary or secondary.

Diabetes-Related Hospitalizations (Primary or Secondary Diagnosis)

	Kentucky		Cumberland Valley	
	Number of hospitalizations	Percent*	Number of hospitalizations	Percent*
2000	79,307	15.7%	7,451	17.6%
2001	91,088	16.2%	8,117	18.2%
2002	96,320	16.5%	8,204	18.3%

*percent of total hospitalizations in ADD or State

Diabetes-Related Lower Extremity Amputations (Primary or Secondary Diagnosis)

	Kentucky		Cumberland Valley	
	Number of hospitalizations	Percent*	Number of hospitalizations	Percent*
2000	1,141	1.4%	65	.87%
2001	1,197	1.3%	59	.72%
2002	1,180	1.2%	48	.59%

*percent of total hospitalizations in ADD or State

DIABETES IS CONTROLLABLE

Reported Preventive Care Practices Among Adults with Diabetes, Kentucky 2000-2003

Preventive Care Practice	Cumberland Valley	Kentucky	US 2003
Saw a health professional for diabetes ≥ 1 time in the past year	97%	94%	90%
Ever taken a course or class in how to manage diabetes	39%	45%	51%
Checked blood glucose ≥ 1 time per day	57%	60%	57%
Received a dilated eye exam in the past year	72%	71%	68%
Ever told by a doctor that diabetes has affected your eyes or that you had retinopathy	32%	27%	22%
Received a foot exam ≥ 1 time in the past year	65%	63%	69%
Checked feet for sores at least once per month	96%	90%	87%
Had a foot sore that lasted more than 4 weeks	17%	13%	13%
Received a flu vaccination in last year*	51%	54%	56%
Ever received a pneumonia vaccine*	42%	43%	48%
Had A1C checked ≥ 1 time in the past year	66%	70%	76%
"Don't Know" or "Never Heard of A1C"	25%	21%	14%

*Question not included in 2000 survey and reflects a three-year average

Note: Respondents from unknown counties were excluded.



Data Sources: Prevalence, risk factors, preventive care practices - Behavioral Risk Factor Surveillance System, KY Department for Public Health (KDPH), Surveillance and Health Data Branch; Mortality - KDPH, Surveillance and Health Data Branch; Hospitalizations - Kentucky Inpatient Hospitalization Claims, KDPH, Health Policy Development Branch; ESRD - The Renal Network, Inc.

